



Summer Safety



WRAMC Installation Safety



Unsafe Acts



Summer Safety



Unsafe Acts

WRAMC Installation Safety

- Heat Injuries
- POV Safety
- Recreation Safety
 - Sports Safety
 - Water Safety
 - Outdoor Safety

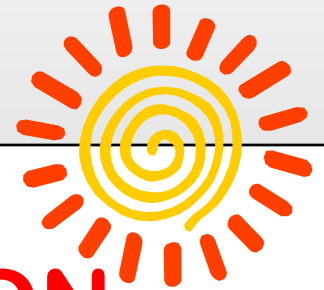


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HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.



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HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
 - Maintain A Well Balanced Diet
 - Wear Appropriate Clothing
- Use Sunscreen, SF15 Or Above



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HEAT INJURY PREVENTION

- Follow Recommended Fluid Replacement, Work / Rest Cycle
- Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day



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HEAT INJURY PREVENTION

- Identify previous heat injuries
- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

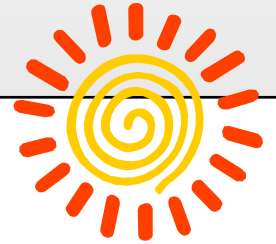


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SUNBURN PREVENTION

- Use Sunscreen - Reapply Frequently
- Moderation - Avoid Extended Exposure
During Peak Hours (1000-1600)
 - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned

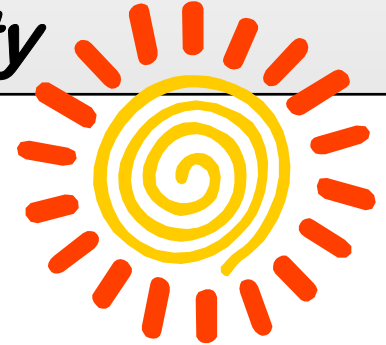


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HEAT RASH

- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters



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Unsafe Acts

HEAT RASH



- Neck, Around Collar
- Groin Area
- Under Breasts
- Under Arms
- Skin Creases



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HEAT RASH

PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
 - Cool Shower
- Avoid Lotions And Creams
- Frequent Change Of Clothing



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HEAT
CRAMPS



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CAUSE

Excessive Loss Of Salt From The Body

SYMPTOMS

**Painful Cramps Of The Major Muscle Groups
(Arms, Legs, Or Stomach)**

TREATMENT

Provide Cool Water - Shade - Monitor



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Unsafe Acts

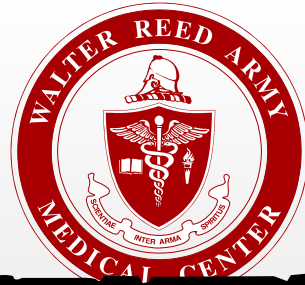
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HEAT
EXHAUSTION



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CAUSE

Excessive Loss Of Salt And Water In The Body

SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness
Nausea - Cool Moist Skin - Tingling Sensation In Extremities

TREATMENT

Provide Water - Shade - Elevate Feet - Monitor
Seek Medical Attention Immediately



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HEAT

STROKE

- MEDICAL EMERGENCY -



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CAUSE

The Body's Heat Regulatory Mechanism Stops

SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea
Red, Hot Skin - Unconsciousness

TREATMENT

Seek Medical Attention Immediately - Cool Shaded
Area - Soak Clothing And Fan - Elevate Feet
Massage Extremities



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POV Safety





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POV Safety

Vehicle Accidents are the

→ #1 ←

Killer of Soldiers



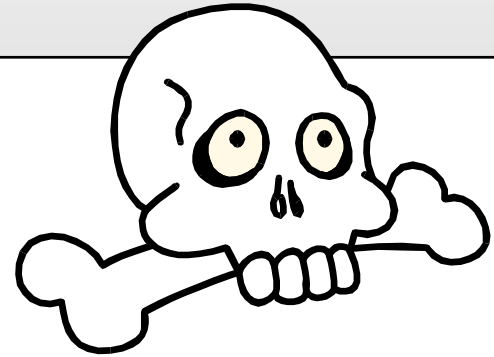
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POV Safety



1 Soldier Dies Every 3 Days in a POV Accident

So far, in FY 00, 65 Soldiers Have Perished in POV Accidents.



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POV Safety

Factors Influence our Risk?

- Age
- Seat Belts
- Vehicle
- Alcohol
- Fatigue
- Location
- Speed



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POV Safety

Age



Soldiers and civilians who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.



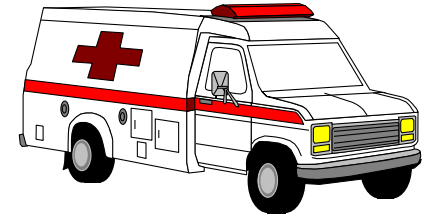
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Seatbelts

Seat Belts prevent deaths in **42%** of all **potentially fatal crashes**. Add an **air bag** to the buckled seatbelt and you increase your odds of surviving the crash to **47%**



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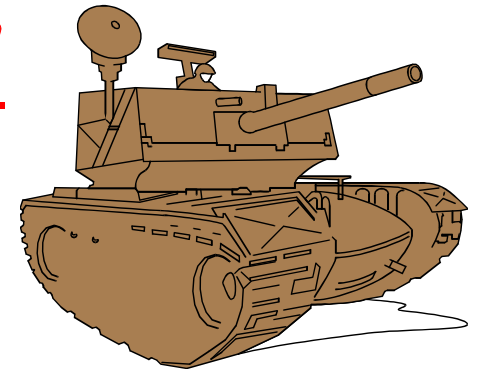
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Vehicle

Heavier is Better



Equipped with Similar Features, fatality risk increases by **400%** from the largest to smallest passenger vehicle.



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Alcohol



The Intoxicated Driver is **15x More Likely** to be involved in a crash and to be fatally injured than a sober driver. **About 48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.



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Fatigue



Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.



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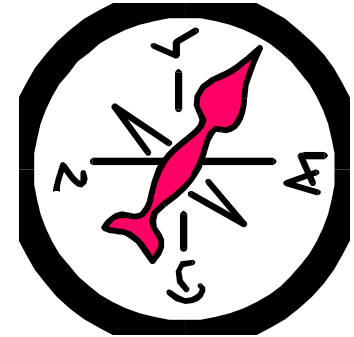


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Location



Statistics show that traveling on the Interstate is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate **by 30%.**



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Speed

The faster a car is going, the more distance and time it takes the driver to stop.

Speeding also reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road. **Speed Kills!**



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POV Safety

1. Don't Drink and Drive
2. Use a Designated Driver
3. Wear Seatbelts
4. Obey the Speed Limit



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POV Safety

5. Don't Drive When Your Tired
6. Take Rest Breaks
7. Adjust Speed For Conditions
8. Don't Follow Too Close



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POV Safety

9. Maintain Your Vehicle

10. Drive Defensively

Arrive Alive



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Recreational Safety

Taking part in leisure activities
for fun and health.



Follow these guidelines before
engaging in outdoor activities..



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Recreational Safety



- Get in Shape
- Choose Exercise for Your Age and Conditioning
- Start Slowly



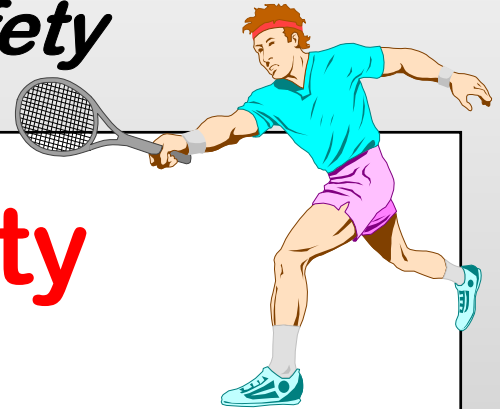
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Recreational Safety



- Start with Warm-Up
- Finish with Cool Down
- Know Your Exercise Limits
- Dress Appropriately



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Sports Injuries

**More soldiers are injured playing sports than performing combat soldiering activities.
Which sport.....?**



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Sports Injuries

Basketball is the most frequent sports injury producer in the military.





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Sports Injuries

Before taking the court..

- Warm up
- Keep physically fit. Fit soldiers are less prone to accidents





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Sports Injuries

- Wear appropriate shoes and socks.
- Wear knee pads to protect knee
- Participate only in games at your skill level





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Sports Injuries

- Ensure playing floor is free of water, dirt, and slick spots
- Check goal supports and ensure it's properly mounted and not loose.





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Bicycle Safety



- Bicycle Crashes Result in 800-900 Deaths per Year
- 90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles



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Unsafe Acts

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Bicycle Safety

Before you ride.....



- **Inspect Your Bicycle**
- **Wear a Helmet**
- **Inflate Tires Properly**
- **Check Your Brakes**



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Unsafe Acts

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Bicycle Safety



When you ride.....

- See and Be Seen
- Use a Backpack
- Avoid Riding at Night



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Bicycle Safety

When you ride....



- Ride Single File with Traffic
- Obey Traffic Signs, Signals, and Lanes
- Use Proper Hand Signals
- Stay Alert for Road Hazards



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Unsafe Acts

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Bicycle Safety



When you ride.....

- Watch for Motorists
- Stay Out of Drivers Blind Spots
- Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars



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Unsafe Acts

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Jogging Safety



- Pace Yourself
- Good Running Shoes are Essential
- Always Jog Against Traffic
 - Be Seen While Running
 - Finish with Cool Down
- Headphones are Prohibited on post



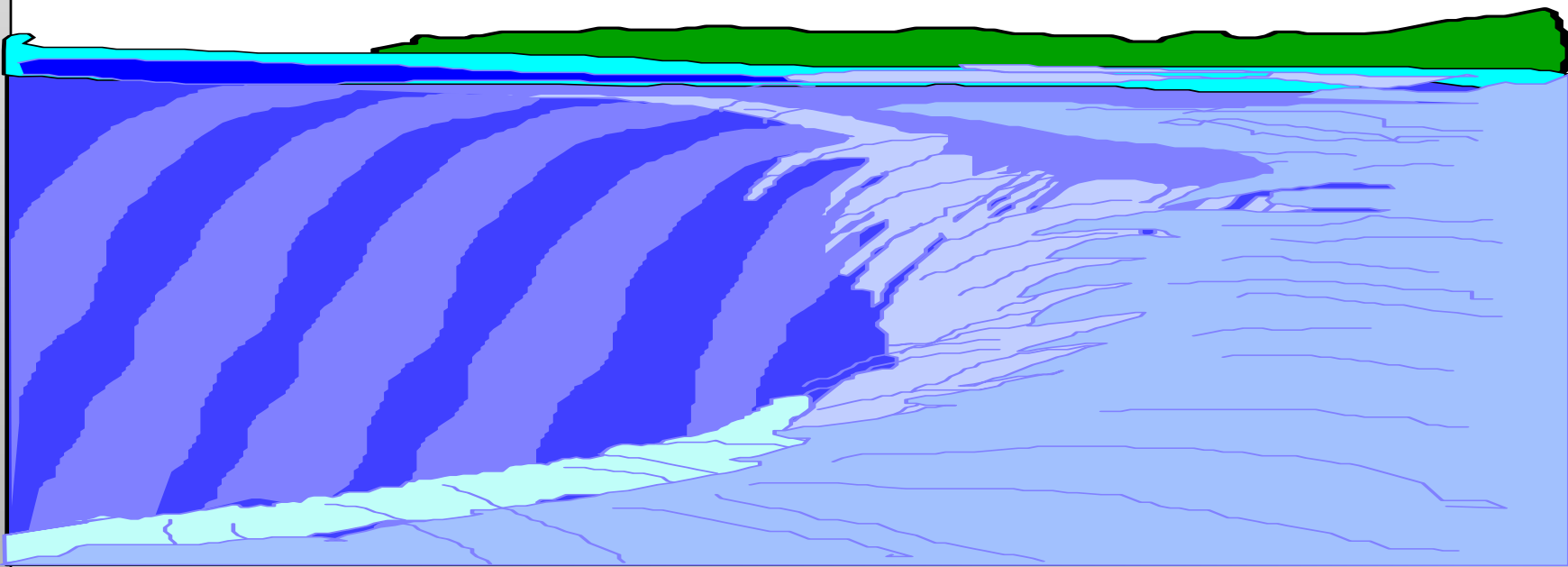
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WATER SAFETY
BE WATER WISE AND STAY ALIVE





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Be Safe around Water

Drownings.....

- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use



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Be Safe around Water

- Learn to swim
- Use the buddy system
- Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs





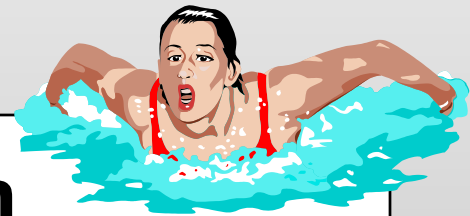
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Be Safe around Water



- Don't drink and swim
- Wear PFD's when boating and fishing
 - Know the weather conditions
- Use common sense - don't swim after eating, while chewing gum or after drinking.



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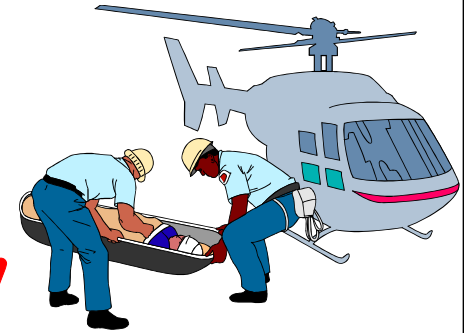


Unsafe Acts

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Watch out for the “Dangerous Too’s

- Too tired
- Water’s Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



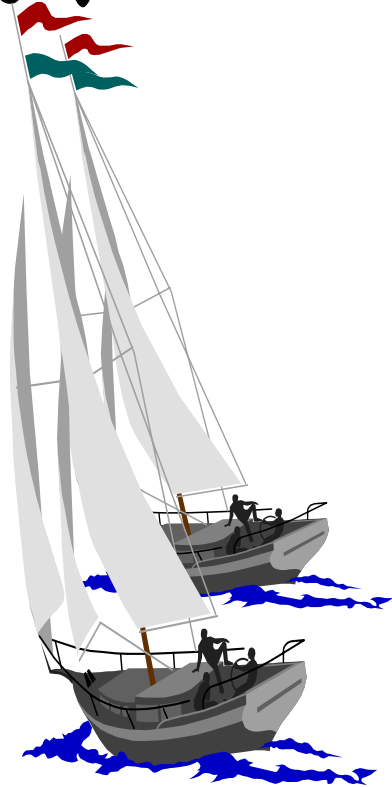


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Unsafe Acts



Boating Safety

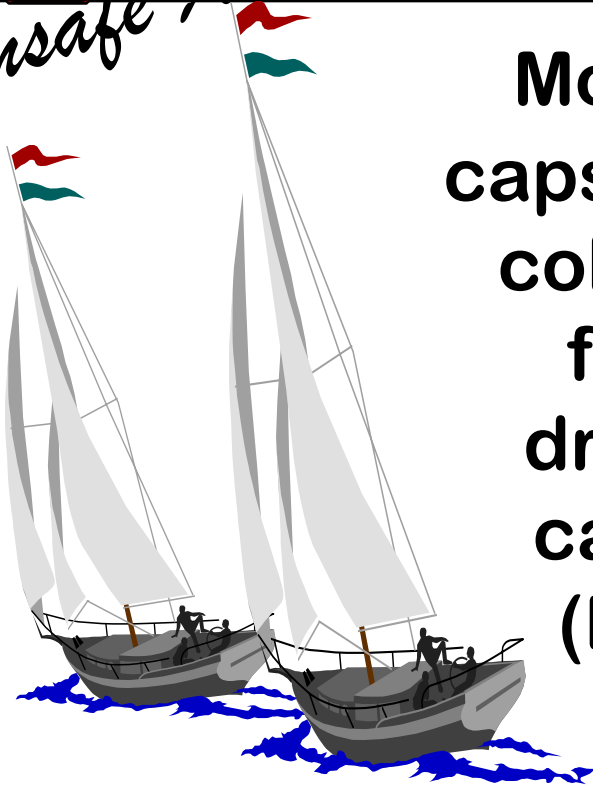


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Unsafe Acts



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning and in nearly all cases personal floatation (PFD's) were **NOT** used.



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Unsafe Acts

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BOATING LIMITS

- Limit Loading Your Boat To Recommended Weight
- Limit Movement Inside the Boat
- Limit Boating to Safe Weather and Water Conditions



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Unsafe Acts

BOATING SAFETY TIPS

- **YIELD RIGHT OF WAY**
- **AWARENESS OF OTHERS**
 - **NO ALCOHOL**
 - **SAFE SPEED**





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Unsafe Acts

BOATING SAFETY TIPS

- **DON'T OVERLOAD**
- **DON'T LOAN TO INEXPERENCED OPERATORS**
- **WEAR PROPER CLOTHING**
- **MAINTENANCE**





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Unsafe Acts

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JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

- It means that they are subject to the same rules and regulations as any other power boat.





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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Exhaustion can be brought on by lying in the sun too long, swimming too long, or starting out tired. **KNOW YOUR LIMITS**
AND REST FREQUENTLY!



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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

**Alcohol and Water
= Trouble**





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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

**DRINKING
AND
BOATING
DON'T MIX**





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Unsafe Acts

**WATER SAFETY
RISK MANAGEMENT POINTER**

PERSONAL FLOATION DEVICE

**IT WON'T WORK
IF YOU DON'T WEAR IT**



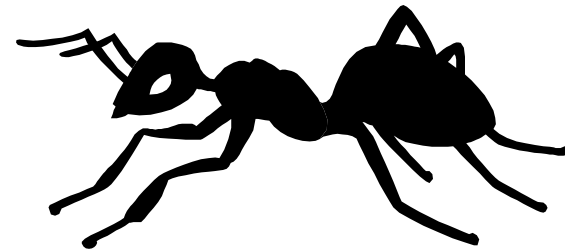
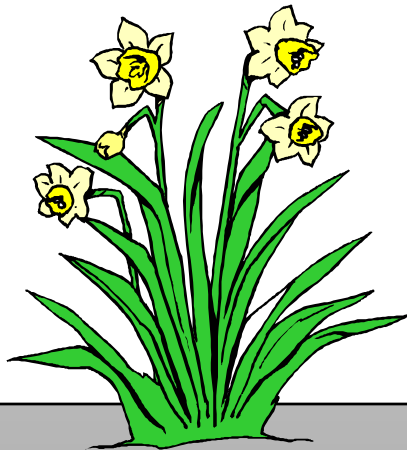
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OUTDOOR SAFETY CRITTERS AND PLANTS





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Unsafe Acts

ANIMALS AND REPTILES

HAZARDS:



- Rabies exists in the Metropolitan Areas. Avoid wild animals and strange domestic animals, including dogs and cats.



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Unsafe Acts

ANIMALS AND REPTILES



HAZARDS:

- Rodents can carry a variety of diseases and behave in ways that are likely to contaminate food and water. Keep all food and snacks stored in impenetrable containers.



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Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



- Several types of dangerous snakes are found in the outlying Metro area. Treat all snakes as if they are poisonous. Most snake bites result from handling snakes.



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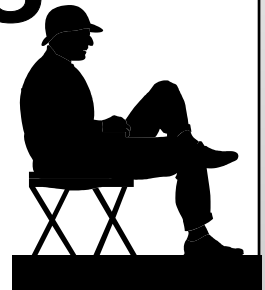


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Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Remain calm and keep victim quiet
- Do not cut bite section
- Remove any tight or restrictive clothing or object from affected extremity



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Unsafe Acts

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ANIMALS AND REPTILES

Poisonous snakes

FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin) place one band above and one below the bite. For hand or foot place above wrist or ankle.





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Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not and snake can be killed without endangering anyone, kill it without damaging the head.



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BUG BITES

ARTHROPODS (BUGS) ARE RESPONSIBLE FOR
TRANSMITTING DISEASES, INFLICTING PAINFUL
BITES OR STINGS, AND BEING A NUISANCE

* APPLY INSECT REPELLENT *



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**SEEK MEDICAL ATTENTION
IF YOU YOU HAVE**

- Unusual Bite
- Tick Bite
- Multiple Bites

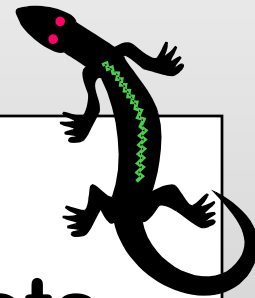


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INSECTS

Ticks, spiders, scorpions, and insects

- Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.



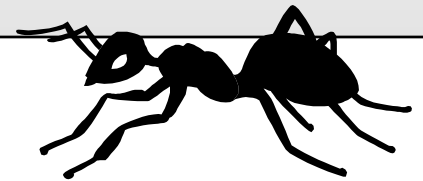
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INSECTS



Ticks, spiders, scorpions, and insects

- Use insect repellent (according to directions) and keep trousers tucked into boots.
- Check bedding before use, avoid sleeping or leaving clothes in damp places.



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INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

- Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.



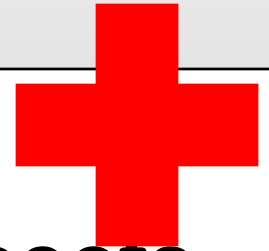
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INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

- **Scorpion stings:** Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate immediately for medical treatment.



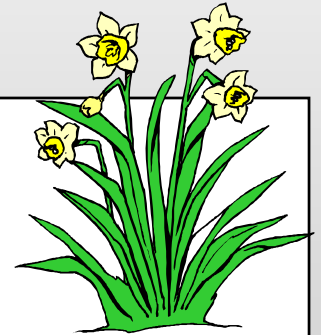
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POISONOUS PLANTS



Metro areas has several types of poisonous ivy, oak, etc, can cause sever skin irritation if bare skin comes in contact with them. There are several plants/trees (including their leaves, berries, fruit, and nuts) that can cause illness or even death if eaten.



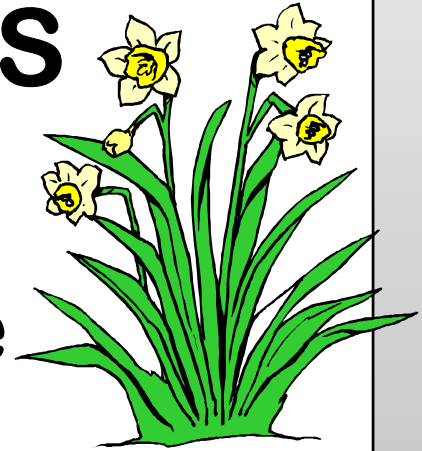
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Unsafe Acts

POISONOUS PLANTS



Assume all plants are
poisonous-

Don't eat them or rub them on
the skin.



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